

# Resource List

For more information, please contact the SU Campus Food Bank at (403)-220-8599 or at <a href="mailto:foodbank@ucalgary.ca">foodbank@ucalgary.ca</a>.

## **SU Campus Food Bank Resource List – By Distance**

#	Service Provider	Distance from U of C
1	Student Wellness Services	0.1 km
2	Brentwood Free Little Pantry	4.5 km
3	Kensington Commons Church	5.4 km
4	SAIT Students' Association Food Bank (Saitsa)	5.9 km
5	Holy Trinity Jacobite Syrian Orthodox Church	8.0 km
6	Foodbank Outreach Association	8.0 km
7	Salvation Army – Barbara Mitchell Family Resource Center	8.1 km
8	SORCe (Safe Communities Opportunity & Resource Centre)	8.4 km
9	Aboriginal Friendship Center	8.7 km
10	St. Mary's Cathedral Hall	8.9 km
11	Abundant Life Church's Bread-Basket	10.0 km
12	Mount Royal University Students' Association Food Support	10.6 km
13	Salvation Army Centre of Hope	10.6 km
14	Calgary Drop in and Rehab Centre	10.8 km
15	The Alex (community food center programs)	13.3 km
16	Jewish Family Service Calgary Kosher Food Bank	14.0 km
17	Veterans Association Food Bank	14.1 km
18	Sunrise Community Link Resource Centre	15.0 km
19	Youth Unlimited: Streetlight (Forest Lawn)	15.7 km
20	Muslim Families Network Society Halal Food Bank	16.0 km
21	Dashmesh Culture Centre	16.4 km
22	Robert McClure United Church Food Pantry	17.9 km
23	Northeast Family Connections Society	18.5 km
24	Calgary Food Bank	18.6 km
25	Victory Outreach (Eastside)	18.8 km
26	The Genesis Centre (A Calgary Food Bank Pickup Location)	19.0 km
27	Al-Qaim Foundation	19.6 km
28	The Hope Mission	19.8 km
29	Abbeydale Christian Fellowship Community Outreach	21.2 km
30	Society of St. Vincent de Paul	(Several locations)
31	Fish Creek United Church	22.9 km
32	Canopy Society (Calgary Emergency Food Hamper)	(Several locations)
33	Open Hearts, Open Mind Brown Bagging for Kids	(Several locations)

### **Food Resources in Calgary**

#### **Updated as of October 2024**



This list is of services offering food hampers and meals in Calgary. Please call to make sure the details about each organization are still accurate before using a service.

#### **Table of Contents**

All distances are based on driving distance from the University of Calgary.

Organization Name	Distance	Page			
Community Cupboards:					
Brentwood Free Little Pantry	4.5km	5			
Kensington Commons Church	5.4 km	5			
Fish Creek United Church	22.9km	5			
Food Hampers, General (some restrictions apply):					
Foodbank Outreach Association	8.0 km	6			
Salvation Army – Barbara Mitchell Family Resource Center	<sup>-</sup> 8.1 km	6			
Aboriginal Friendship Center	8.7 km	6			
Salvation Army Centre of Hope	10.6 km	6			
Sunrise Community Link Resource Centre	15.0 km	7			
Dashmesh Culture Centre	16.4 km	7			
Robert McClure United Church Food Pantry	17.9 km	7			
Calgary Food Bank	18.6 km	8			

Victory Outreach (Eastside)	18.8 km	8
Society of St. Vincent de Paul	several locations	8
Food Hampers, Location Specific:		
Abundant Life Church's Bread-Basket	10.0 km	9
The Genesis Centre	19.0 km	9
Al-Qaim Foundation	19.6 km	10
The Hope Mission	19.8 km	10
Abbeydale Christian Fellowship Community Outreach.	21.2 km	10
Canopy Society (Calgary Emergency Food Hamper)	several locations	11
Food Hampers, Halal:		
Muslim Families Network Society Halal Food Bank	16.0 km	11
Food Hampers, Kosher:		
Jewish Family Service Calgary Kosher Food Bank	14.0 km	11
Food Hampers, Students only:		
SAIT Students' Association Food Bank (SAITSA)	5.9 km	12
Mount Royal University Students' Association Food Su	pport10.6 km	12
Food Hampers, Veterans & Military		
Veterans Association Food Bank	14.1 km	13
Free Meals, General:		
Holy Trinity Jacobite Syrian Orthodox Church	8.0 km	13
St. Mary's Cathedral Hall	8.9 km	13
Calgary Drop in and Rehab Centre	10.8 km	13
The Mustard Seed	11.8 km	14
The Alex (Community Food Center Programs)	13.3 km	14

### Free Meals, Youth:

Youth Unlimited: Streetlight (Forest Lawn)	15.7 km	15
Open Hearts, Open Mind Brown Bagging for Kids	several locations	15
Referral-Only Services:		
Student Wellness Services	0.1 km	15
SORCe	8.4 km	16
Northeast Family Connections Society	18.5 km	16

#### **SU Campus Food Bank Resource List**

### **Community Cupboards**

**Brentwood Free Little Pantry** (4.5km) – Free Pantries are food by neighbors for neighbors and donating culturally relevant foods has a positive impact on those receiving it. These pantries are open 24/7. No ID is required, and anyone is welcome to give and receive food from them.

• Eligibility: Anyone

• Hours: 24/7

Address: 3624 Boulton Rd NW

**Kensington Commons Church** (5.4 km) – Community Cupboard of non-perishable food, warm clothing, and child/baby items such as diapers and formula. Everything in the cupboard is free and available to anyone 24/7.

Eligibility: AnyoneFrequency: As needed

• Hours: 24/7

• **Phone:** (877) 360-0365 (Church main number)

• Address: Kensington Commons Church - 2404 Kensington Road NW. Community Cupboard is located on the south side of the church, right beside the south entrance.

**Fish Creek United Church** (22.9 km) – Offers several programs to promote food security, such as establishing a free pantry, Cobbs Bread Giveaway every Thursdays, Good Food Box distribution, and a Calgary Food Bank Satellite Depot. Fish Creek is also an authorized referral agency for Calgary Food Bank and can assist people in ordering hampers.

• Eligibility: Anyone

• Frequency: The free pantry is accessible from Monday to Thursday at 9:00am – 12:00pm & 1:00 pm – 4:00 pm

Hours: See FrequencyPhone: (403) 278-8263

• Email: info@fishcreekunitedchurch.ca

• Address: 77 Deerpoint Rd. SE Calgary, AB T2J 6W5

### Food Hampers, General

**Foodbank Outreach Association** (8.0 km) - Clients can go to their food bank on Monday and Thursday mornings from 9:00 am - 11:30 am but will need to arrange for pickup by calling (403)-288-6330.

• Eligibility: Anyone

• Frequency: 6 pickups per family per year. (No restrictions on family size)

• Hours: Mondays and Thursdays 9:00am-11:30am

• **Phone:** (403) 288-6330

• Address: 8336 34 Ave NW, Calgary, AB, T3B 1R2

Salvation Army – Barbara Mitchell Family Resource Center (8.1 km) – Clients can select certain food they would like, like shopping at a grocery store. (Only on certain days depending on when they have volunteers so have to always call before going). Appointment based, establish a pick-up point for a food bank.

• **Eligibility:** Anyone ideally, but typically low income and those who suffer with homelessness

• Frequency: Appointment Based/Walkin Pantry

Phone: 403-930-2700Address: 1731 29 St SW

• Hours: For a pickup: Thursday 3:00pm-5:00pm, Friday 1:00pm-3:00pm

• **Notes:** Call before going they operate if their volunteers are available.

**Aboriginal Friendship Center** (8.7 km) – Offers hampers to mainly unhoused individuals. Hampers are not as big as they used to be.

• Eligibility: Mostly for unhoused people, but students are eligible as well.

• **Frequency:** Gives food hamper every Tuesday. Hampers are in low quantity so they will be in stock until they run out and the center refills the hampers every Tuesday. Must pick up and fill out paper forms.

• **Phone:** (403) 270-7379

• Address: 316 7 Ave SE, Calgary, AB T2G 0J2

• **Notes:** Patrons must go through the Source doors as the center does not have their own doors.

**Salvation Army Centre of Hope** (10.6 km) – Offers emergency food hampers suitable for individuals and families.

• Eligibility: Anyone

• Frequency: Once a month

• **Hours:** Appointment for pickup:

Monday to Friday from 9 AM to 4:30 PM

o The office is closed from 12 PM to 1 PM

Phone: (403) 410-1111Address: 420 9 Ave SE

• **Notes:** They are in the process of moving to Forest Lawn location as well in the next 3 months or so. (2236 35 St SE)

**Sunrise Community Link Resource Centre** (15.0 km) – An agency working towards poverty reduction.

• Eligibility: Open to anyone who needs a food hamper

• **Frequency:** Pick up Mondays and Thursdays at 1:00pm-4:00pm, if there is an emergency contact their number to set up an appointment

• Phone: (403) 204-8280

Address: 3303 17<sup>th</sup> Ave SE, Calgary, AB, T2A 0R2

#### This information above may be inaccurate as the last update was Winter 2022.

**Dashmesh Culture Centre** (16.4 km) – Provides hot meals and non-perishable goods for takeout daily.

- **Eligibility:** Food hampers don't need to be pre-ordered but can be for convenience. There are no eligibility requirements, just an honor system for whomever is in need.
- **Frequency:** As often as necessary
- **Hours:** Foodbank: Monday Sunday, 12:00pm-4:00pm / Hot meals and non-perishable take-out: 9:00am-9:00pm daily
- Phone: (403) 590-0970 (main)/ (403) 300-0777 (office coordinator)
- Email: info@dashmesh.ca / food@dashmesh.ca
- Address: 135 Martindale Blvd N.E.
- **Notes:** If there is any medical emergencies or any situation where they are incapable of going to the foodbank, they do provide delivery. (Note it may take some time to receive the hamper.)

**Robert McClure United Church Food Pantry** (17.9 km) – pre-assembled, non-perishable food hampers are available as well as a selection of perishable items, such as bread, fruit and vegetables, meat and dairy products. One individual from each household may pickup a hamper outside the church (inside in the winter).

• **Eligibility:** Anyone; they do not screen participants or require referrals or appointments

• Frequency: Thursdays

• **Hours:** 12:00 pm – 2:00 pm

• Phone: 403-280-9500

• Address: 5510 - 26 Avenue NE Calgary, AB T1Y 6S1

**Calgary Food Bank** (18.6 km) – Provides hampers every 10 days. There is no limit to how many hampers a person can get. Has a variety of ways to pick up hamper (see "Notes").

Eligibility: Households are eligible to access a food hamper once every 10 days. To
receive a food hamper, we ask for the full name, birthdate, and a unique ID number
from each member of the household. We also ask for current address, phone number,
and information about the household's income and expenses for the past 30 days. We
do not require documentation but ask these questions to ensure that our resources
are going towards people in need.

Phone: (403) 253-2055Address: 5000 11 St SE

- Frequency: A hamper is accessible every 10 days
- Hours:
  - o Call hours: Monday Thursday: 8:15 am 7:00 pm, Friday: 8:15 am 4:00 pm
  - Hamper Distribution Hours (By appointment only):
    - Monday Thursday: 8am- 10:30am, 11am 1:30pm, 2pm 4:30pm,
       5pm 7:30pm
    - Friday: 8am 10:30am, 11am 1:30pm, 2pm 4pm
    - Saturday: 9am 11:30am, 12:30pm 3pm
- Notes: No yearly limits on receiving hampers.
  - Requests can also be made through the website: https://www.calgaryfoodbank.com/needfood
  - Option to validate IDs virtually
  - Delivery service available (can be used when guarantined or isolated)
  - Has the option of a drive thru hamper pick-up or curbside pick up
  - There is a safe and secure QR code so friends and family can pick up your hamper

**Victory Outreach (Eastside)** (18.8 km) – Provides an emergency hamper, food bank hampers, hot meals, & more. A Calgary Food Bank Depot.

- Eligibility: Any resident of Calgary
- Frequency: The same as the Calgary Food Bank
- **Hours:** 12:00pm to 1:30pm on Tuesday, Wednesdays, & Thursdays for Food Bank services & 12:00pm to 1:30pm for other resources

Phone: (403) 273-1050Address: 1840 38 St SE

**Society of St. Vincent de Paul** (several locations in Calgary's quadrants) – The program is locally managed; each location has their own program which serves their immediate

area. Families should contact their local SSVP conference to request a food hamper and/or basic needs assistance. Visit their websites for details - https://ssvpcalgary.ca/contact/.

- Eligibility: Based on the area of residence
- **Frequency:** Contact specific location for details
- **Hours:** Contact specific location for details
- **Phone:** (403) 250-0319 General line
- Address: Varies, depends on the area of residence

#### **Food Hampers, Location Specific**

**Abundant Life Church's Bread-Basket Program** (10.0 km) – Provides hampers through appointment and registration.

- Eligibility: Service offered to residents in southwest Calgary living in:
  - South of Spruce Drive, North of Glenmore Trail, West of 14 Street.
- Frequency: Pick up by appointment on Thursdays between 12:00 PM and 12:30 PM
- **Phone:** 403-246-1804
- Email: info@alc-calgary.ca / abundant life church (alc-calgary.ca) / Karina.Mitchell@alc-calgary.ca
- Address: 3343 49 Street SW Calgary, AB T3E 6M6 (We are the smaller building on the North end of the block.)
- Notes:
  - We require ID and proof of address on the first visit. Participants may come up to
     2 times per month, depending on food availability.
  - We have a \$1 service fee (this helps us pay for access to the warehouse where we get our food), but it is waived if a person does not have it on any given week.
  - Enter parking lot on the East side and drive around to the West side. Volunteers will put the hamper in the car.
  - For participants walking or taking transit, we recommend bringing a cart (some people use wheeled suitcases) or bags.
  - We are wheelchair accessible. Has a service fee of \$1.00 per food box
  - Bring your own bags
  - Registration is required upon first visit
  - Drive into parking lot and follow orange pylons to door
  - People on foot will need their own cart or bags

**The Genesis Centre** (19.0 km) – Calgary Food Bank Hamper pick-up: Tuesdays and Wednesdays 10am-11:30am (must call the Calgary Food Bank at 403-253-2055 to request a hamper and specify that you would like to pick it up at the Genesis Centre). Appointment based, need to contact the number first.

- **Eligibility:** please see Calgary Food Bank information, appointment based, must contact Food Bank first
- **Frequency:** the same as the Calgary Food Bank
- Hours: for hamper pickup Tuesdays & Wednesdays from 10am to 11:30am
- **Phone:** 403-590-2833 (Genesis Centre main number), will need to call Calgary Food Bank at 403-253-2055 to request a hamper pickup at the Genesis Centre
- Address: 7555 Falconridge Blvd NE #10, Calgary, AB T3J 0C9

**Al-Qaim Foundation** (19.6 km) – No-cost food hampers for seniors and Calgarians in quarantine, financial need or in self-isolation. Call-in service. Delivery available.

- **Eligibility:** Can request a food hamper if in financial need however, the board will determine eligibility of the individual based on their criteria
- **Frequency:** As needed & by request
- **Hours:** Food hamper pickup or delivery would be determined in response to request inquiry if eligible
- **Phone:** 403-999-4614
- **Website:** Food hampers can be requested online through the following form: Request Food Hamper Calgary and Area Al-Qaim Charity Foundation Calgary-Canada
- Address: 5850 88 Ave NE, Calgary AB T3J 0J2

#### This information above may be inaccurate as the last update was Winter 2022.

**The Hope Mission** (19.8 km) – Provides food hampers for families with minors only within the Southeast area. Clients need to call or email for an appointment. Also provides free community meals monthly. (The next meals will be provided on November 18 and December 16 at 4:30 – 7:00 pm). Clients who are interested in getting a community meal must call or email in advance.

- **Eligibility**: For families; only provides hampers for families with dependents under 18 years of age.
- **Frequency**: pickup is held every Thursday within office hours monthly through appointments.

• **Hours**: 9:00 am – 5:00 pm

Phone: (403) 474-3237Email: calgary@hopemission.com

Address: 4869 Hubalta Road Se, Calgary, AB T2B 1T5

• Note: : Pick up only in Forest Lawn area, other areas are eligible for ordering as well.

**Abbeydale Christian Fellowship Community Outreach** (21.2 km) – Provides a weekly drop-in food cupboard service with surplus items donated by local grocery stores.

- **Eligibility:** Available to those either living within the communities of Abbeydale, Applewood, or Penbrooke, or attending the Abbeydale Christian Fellowship Church, or Love in Action Church. Proof of address is required in order to pick up.
- Frequency: As often as needed
- Hours: Pickups are every Tuesday from 5:00-5:30 PM (During the summer, pickups will be held biweekly

• Phone: (403) 273-6222

• Address: 1352 Abbeydale Drive SE, Calgary, AB T2A 7L8

Canopy Society (Calgary Emergency Food Hamper) (various locations throughout Calgary) — Delivery of emergency food hampers to seven depots in Calgary for pick-up by families and individuals who have requested a hamper by calling the Food Bank's Hamper Request Line.

• Eligibility: Low-income families and individuals in Calgary.

• Frequency: Must call emergency help line to organize depot pick-up location.

• Hours: Dependent on depot site.

• **Phone**: (403) 253-2055 (Hamper Request Line)

• Address: Dependent on depot site

• Website: Calgary Emergency Food Hamper | CANOPY (canopysociety.org)

#### Food Hampers, Halal

Muslim Families Network Society Halal Food Bank (16.0 km) - Gives out Halal food hampers. Note: clients are required to provide an Alberta Health Services identification for every family member using the hamper, proof of rent, proof of income, and a bank statement for the last 2 months. If a client receives government assistance or Child Tax Benefit, proof of those also needs to be shown.

- **Eligibility:** Anyone, although this food bank is targeted towards individuals requiring a Halal diet.
- **Frequency:** One request every 3 months
- Hours: Hampers are scheduled by appointment only. Please call to set up a time.
- **Phone:** (403) 466-6367
- Address: Unit 1129, 3961 52 Avenue NE, Calgary, AB T3J 0J7

### Food Hampers, Kosher

**Jewish Family Service Calgary Kosher Food Bank** – (14.0 km)

• **Eligibility:** Accessible to people of all faiths and cultures, although it is toward individuals requiring a Kosher diet.

- **Frequency**: Phone. Intake service, you must become a client. Please contact via email or telephone. Up to 3 hampers proof
- Hours: Monday-Thursday 8:30am-5:00pm, Friday 8:30am-2:00pm
- **Phone**: (403) 287-3510
- Email: info@jfsc.org
- Address: 420-5920 1A St SW, Calgary, AB, T2H 0G3
- Mental Health Line
- Volunteer Staff

### Food Hampers, Students only

**SAIT Students' Association Food Bank (SAITSA)** (5.9 km)

- **Eligibility:** Students must be referred by a SAIT staff member (an advisor or instructor).
- Frequency: SAIT students can access the Emergency Food Fund once per semester.
- **Hours**: Monday Friday (9:00 AM 4:00 PM)
- Phone: (403) 210-4323 (Saitsa Resource Centre main number)
- Address: MC107 Stan Grad

**Mount Royal University Students' Association Food Support** (10.6 km) - Free breakfast weekday mornings starting at 8:45 & food cupboards for students. They also offer referrals to the Calgary Food Bank for eligible individuals through the Peer Centre.

- **Eligibility:** Students from Mount Royal University.
- Frequency: Care Cupboards offer unlimited access
- Hours: 8:30am 4:00pm (Monday- Friday)
- **Phone:** (403) 440-6269 (Peer support)
- Address: Wyckham House, Z210, 4825 Mount Royal Gate SW.
- Notes:
  - For students, free breakfast from 8:45 am until supplies last Monday through Friday during the Fall and Winter semesters.
  - For students, five food & hygiene cupboards can be accessed as many times as needed in the Peer Support Centre.
  - For students, Care Cupboards (food pantries) can be accessed as many times as needed. It is restocked twice a week.
  - For eligible individuals, the Peer Support Centre offers referrals to the Calgary Food Bank which can be filled out at the Peer Centre.

#### Food Hampers, Veterans & Military

**Veterans Association Food Bank** (14.1 km) – no-cost food hampers military veterans, RCMP veterans, those currently serving and their families.

Eligibility: Military veterans, RCMP veterans, those currently serving and their families

• Frequency: Phone to arrange or visit www.veteransassociation.ca

• Hours: Monday - Friday, 8:00am-4:00pm

• **Phone:** (403) 367-8387

• Address: 820 28 St NE #10, Calgary, AB T2A 6K1

### Free Meals, General

**Holy Trinity Jacobite Syrian Orthodox Church** (8.0 km) – The Pelican Mission Foundation Program: Free meals for anyone in need.

• Eligibility: Anyone

• Frequency: Every Saturday from 12:00pm – 12:30pm

• **Phone:** (403) 926-4433

• Email: 2thepelican@gmail.com

Address: 8007 Bowness Road NW, Calgary, AB, T3B 0H5

#### St. Mary's Cathedral Hall – (8.9 km) Feed the Hungry Program

- **Eligibility:** Serves meals every Sunday for any individuals in need. Only need to come to the church and ask for it (no registration needed). Each person receives a hearty meal and some light packages to take home. Snack bags and the variety of food may change weekly.
- **Frequency:** every Sunday

• **Hours:** Sunday 1:30pm – 3:30pm

• Address: St Mary's Cathedral – 221 18<sup>th</sup> Avenue SW

• **Phone**: (403) 218-5532

#### This information above may be inaccurate as the last update was Winter 2022.

**Calgary Drop in and Rehab Centre** (10.8 km) – Offers meals and snacks daily, as well as a bagged lunch/kindness kits for those who are working or require a meal for the day. Food hampers not provided.

• Eligibility: Anyone

- Frequency: Unlimited for meals and snacks (no hampers anymore)
  - Talk to staff for kindness kits or bagged lunches.

#### Hours:

Breakfast: 7AM – 8AM
 Lunch: 12 PM- 1PM
 Dinner: 6PM-7PM

Snack available whenever needed (24/7)

• **Phone**: (403) 263-5707

• Address: 1 Dermot Baldwin Way SE

Notes:

 Also have other support services (e.g., Housing Department services) and can provide referrals

#### This information above may be inaccurate as the last update was Winter 2022.

**The Mustard Seed** (Downtown Support Center) (11 km) – offers free meals and food hampers.

- Eligibility: Anyone registered with The Mustard Seed
- Frequency: Every 10 days.
- Hours: Open from 7am-7pm. Pickup is Tuesdays from 2-4pm and Fridays from 3-5pm.
   Daily bagged lunch and hygiene kits are also available, however being a mustard seed client is required.
- **Phone:** 403-767-2441
- Address: 102 11 Ave SE, Calgary AB, T2G 0X5
- Note:
  - Registered Mustard Seed clients can apply for food hampers, but it may take up to 2 weeks to get it at pickup station.
  - The Mustard Seed Foothills location is a 24hr service.

The Alex (community food center programs) (13.3 km) – offers community and family drop-in meals three days a week, along with other education programs on food and gardening. No registration required and is free of charge. Meals are especially for families with children & youth under 18. It is a free meal program with activities for children during mealtime.

- Eligibility: Anyone, children must be supervised
- Frequency: No limits on the number of visits
- **Hours:** Breakfast: Fridays, 9:00-11:00am / Lunch: Wednesdays, 12:00-1:00pm / Dinner: Mondays, 5:00-6:00pm (family meals day)
- **Phone:** (403) 455-5792
- Email: goodfood@thealex.ca
- Address: 4920 17 Ave SE, Calgary AB, T2A 0V4

#### Free Meals, Youth

**Youth Unlimited: Streetlight (Forest Lawn)** (15.7 km) – Serves hot dinner from a food truck and take-out food for youth. Closed food bank referrals.

- Eligibility: Anyone who falls in the age range of 12-24 years, also open to single moms
- Frequency: As often as necessary
- Hours: Tuesdays from 7:00pm-9:00pm, contact organization prior to arrival
- Phone: (403) 291-3179
- Address: 5105 8<sup>th</sup> Avenue SE, Calgary AB (Jack James High School Parking lot)

Open Hearts, Open Minds Brown Bagging for Kids (K-12 Schools throughout Calgary)

- Eligibility: Children in a K-12 school.
- Frequency: Every school day at lunch
- Hours: To set up a registration appointment: Monday Friday. Kitchen operations: Monday-Thursday
- **Phone:** (403) 264-7979
- **Email:** <u>jasmine@bb4ck.org</u> please contact Jasmine for registration.
- Website: www.bb4ck.org

### **Referral-Only Services**

**Student Wellness Services** (University of Calgary) – Offers President's Choice gift cards, redeemable at any Loblaw's banner store (Superstore).

- Eligibility: Must be a current UofC student (undergraduate/graduate full-time/part-time)

   must make a Coordinated Care Appointment with a member of the student support advising team. Referrals from around campus will also be accepted. When applying for a grocery card a student must provide the following information, in addition to their Unicard:
  - Student status (# of courses registered in current and previous semesters)
  - Information related to living situation, marital status, family size, and whether they are an international/domestic student
  - Financial resources including applications to other types of financial aid, student loans, employment income, savings etc.
  - o Expenses including amount in rent, utilities, groceries, gas etc. per month
  - Extenuating circumstances that have resulted in being unable to meet expenses
- **Frequency:** One-time disbursement
- **Hours:** Monday Friday, 9:00am 4:30pm
- Phone: 403-210-9355

- Address: Room 370, MacEwan Student Centre, 2500 University Dr NW, Calgary
- Additional Information: Applications are submitted at the discretion of the student support advising team. The process to apply for and access these cards is as follows:
  - 1. A student makes a Coordinated Care appointment with a member of the student support advising team. We will also accept referrals from around campus, and can reach out to schedule appointments but the application cannot be filled out on behalf of somebody else. We need to speak to the actual student.
  - 2. The student and SSA collaboratively complete the application in the appointment. The application form is internal to Wellness Services and completed through our client information software.
  - 3. The completed application form is sent to Kevin Wiens, Interim Senior Director, for approval.
  - 4. Once approved, the gift card is either sent electronically via email or loaded and made available for pick-up in hard copy at Wellness Services reception. Students picking up in-person must bring a copy of identification and their UCID card.

#### **SORCe (Safe Communities Opportunity & Resource Centre)** (8.4km)

- **Eligibility:** People and families are required to complete an intake process by completing a client profile questionnaire.
- **Frequency:** Walk-in based services only. Client service is not available by phone.
- **Hours:** Walk in, Monday-Friday: 9:00 a.m. 12:00 p.m. and 1:00 p.m. 4:00 p.m. Closes at 12:00pm on the 1<sup>st</sup> Thursday of every month. Typically closed on weekends and statutory holidays.
- **Phone:** (587) 779-5015
- Address: City Hall LRT Platform: #2 316 7 Ave SE Calgary, AB T2G 0J2
- Website: https://sorcecalgary.ca/.

**Northeast Family Connections Society** (18.5 km) -- Offers food bank and basic needs referrals to those in need. In-take process to assess eligibility/needs.

- Eligibility: Available to anyone but eligibility depends on income
- Frequency: Whenever individuals need
- Hours: Monday-Friday 10:00 AM- 4:00 PM
- **Phone**: (403) 293-0424
- Address: 95 Falshire Dr NE, Calgary, AB T3J 1P7
- Additional Information: ID (government-issued ID accepted) and proof of income required